BULDING



What is Self-Identity?

Self-identity is the recognition of individual characteristics exposed to the social context or environment

Meaning

Our identity represents our personality; habit, behavior, attitude, skills, and cognitive thinking.

we have t know our we are, or and m

In order to build a healthy value system first of all

we have to discover and

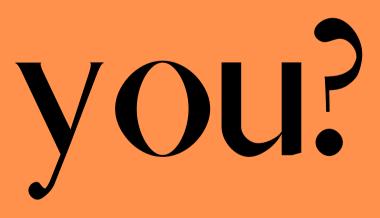
know our identity. Who

we are, our likes, hates

and many more

Developing identity Questions to ask ourselves

Who are you?



How well do you know yourself?

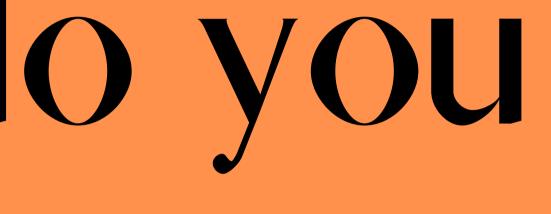
Do you know your likes?



Do you know your hates/dislikes?

what skills do you

DOSSES?

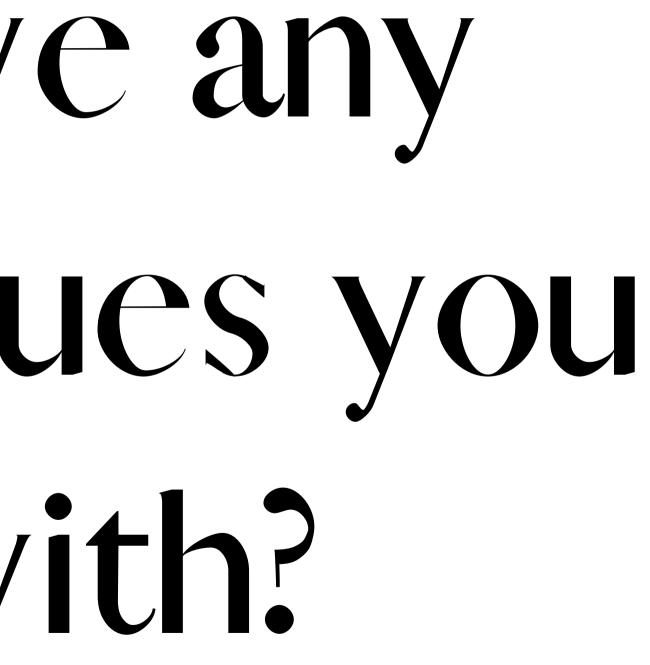


Do you know your habits?



what is your general VIEW OF IEP

Do you have any virtues or values you rule life with?



what are these values?

How often do you use these Values?

What problems do you encounter when executing Vour values?

Do you think you need to change these values?

Then, it is time to make confession to yourself and start the habit of value creation and implement it through a bit of reflection/Assesment and writing/recording

Journaling



Make a conclusion of who you are and prepare yourself for change

Kindly Note

Identity can be changed or improved if you want to, because all power has been given to you from GOD to rule and possess your lives and lands. The decision is

yours.